



Mark's Nearly Famous Sloppy Joes

 Gluten Free  Dairy Free

READY IN



270 min.

SERVINGS



10

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup barbecue sauce
- 0.5 teaspoon pepper black
- 2 tablespoons brown sugar
- 2 stalks celery chopped
- 10.8 ounce condensed chicken gumbo soup canned
- 0.5 teaspoon parsley dried
- 0.3 bell pepper green chopped
- 2.5 pounds ground beef

- 0.5 cup catsup
- 4 tablespoons juice of lemon
- 1 teaspoon liquid smoke flavoring
- 1 large onion chopped
- 1 teaspoon salt
- 6 ounce tomato paste canned
- 6 tablespoons vinegar white
- 2 tablespoons worcestershire sauce
- 1.5 tablespoons mustard yellow

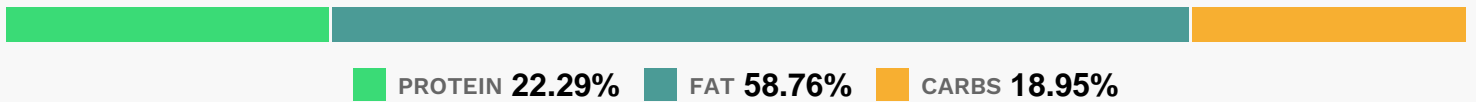
Equipment

- frying pan
- slow cooker

Directions

- In a large heavy skillet, cook ground beef until evenly brown; drain well.
- In a slow cooker, combine onion, bell pepper, celery, condensed gumbo soup, tomato paste and brown sugar. Stir in lemon juice, mustard, ketchup, barbeque sauce and vinegar. season with Worcestershire sauce, liquid smoke, parsley, black pepper and salt. Stir in browned beef.
- Cover, and cook on low for 4 to 6 hours, stirring occasionally. Skim off excess fat.

Nutrition Facts



Properties

Glycemic Index:26.4, Glycemic Load:1.66, Inflammation Score:-3, Nutrition Score:13.185652204182%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Luteolin: 0.23mg

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Nutrients (% of daily need)

Calories: 381.76kcal (19.09%), Fat: 24.72g (38.02%), Saturated Fat: 9.25g (57.84%), Carbohydrates: 17.93g (5.98%), Net Carbohydrates: 16.87g (6.13%), Sugar: 11.89g (13.21%), Cholesterol: 82.95mg (27.65%), Sodium: 879.16mg (38.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.09g (42.19%), Vitamin B12: 2.43µg (40.45%), Zinc: 4.99mg (33.24%), Vitamin B3: 5.48mg (27.41%), Selenium: 18.94µg (27.06%), Vitamin B6: 0.46mg (22.88%), Phosphorus: 212.51mg (21.25%), Iron: 3.19mg (17.72%), Potassium: 527.4mg (15.07%), Vitamin B2: 0.24mg (13.83%), Vitamin C: 8.7mg (10.55%), Copper: 0.18mg (9.15%), Magnesium: 32.39mg (8.1%), Vitamin E: 1.19mg (7.92%), Manganese: 0.16mg (7.75%), Vitamin B5: 0.76mg (7.64%), Vitamin K: 7.73µg (7.36%), Vitamin B1: 0.09mg (5.9%), Calcium: 52.56mg (5.26%), Folate: 19.83µg (4.96%), Vitamin A: 238.14IU (4.76%), Fiber: 1.06g (4.25%)